Carbohydrates Worksheet: Choosing Carbohydrates

Most of the energy we receive from foods comes from carbohydrates. Healthy choices provide complex carbohydrates or naturally occurring simple carbohydrates, rich in water-soluble vitamins and dietary fiber. A diet that is consistently low in dietary fiber and high in added sugar can lead to health problems. Look at these examples of related foods and identify which are most similar to your food choices.

High in fiber/ low in added sugar	Intermediate	Low in fiber/ high in added sugar
Apple with peel	Applesauce, sweetened	Fruit drink, 10% apple juice
Brown rice	Cream of rice cereal	Rice Crispy treat
Pumpernickel bread	Bagel, plain	Danish pastry
Baked sweet potato	Candied sweet potato casserole	Sweet potato pie
Corn on the cob	Creamed corn	Frosted corn flakes
Oatmeal	Granola	Granola breakfast bar

1. Do you select whole-grain products and fresh fruits and vegetables regularly? If so, do your choices satisfy the requirements for a proper diet? If not, what would you change and why?

2. Do you choose foods that increase your intake of fiber and limit your intake of sugars?

3. If you don't eat these fiber-containing foods, what types of foods could you add to your diet to increase your fiber intake?